



September 2012

Introduction

It's time again for the Eden Alternative UK & Ireland Conference which will be held on 25th October at the Holiday Inn, Chessington. Keynote speaker for this year's conference will be Dr Al Power, Eden Educator and Mentor from St John's Home, Rochester, NY. Al has a passion for dementia care without the use of drugs and in 2010 published his book 'Dementia Beyond Drugs: Changing the Culture of Care'. The book won a 2010 Book of the Year Award from the American Journal of Nursing and a 2011 National Mature Media Award. Other presentations will cover Eden in Ireland, Eden in the Community and a range of other papers from Homes implementing the Eden Alternative. Details of the programme, speakers and booking form are at the end of this Newsletter. We are confident that this year's Conference will be as inspirational as our previous Eden UK Conferences and hope that you will be able to make it.

Kathleen Rutland Home, Leicester

Congratulations to the residents and staff of Kathleen Rutland Home, Leicester, who were added to the Eden Alternative Register of Homes on the 10th September. Kathleen Rutland Home is operated by Vista, a charity dedicated to improving the lives of people with sight loss in Leicester, Leicestershire and Rutland. Every year Vista provides services, support, advice and information to almost 6000 registered blind and partially sighted local people.

Kathleen Rutland Home has been implementing the Eden philosophy following an in-house Eden Associate course in April 2008. Since then they have built on that foundation with a programme of internal training that ensures that all staff understand the Eden principles and their role in implementation. The Kathleen Rutland home sits in its own beautiful grounds, and offers a home to 47 men and women, who are blind or partially sighted. Admission can also be offered to people who are visually impaired and have dementia. The home is situated in the heart of the Leicester Forest East community with whom it has contacts at many levels.



Home Manager Paul Sykes, some of his team and residents

Paul.sykes@vistablind.org.uk

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Mavern House Community Choir

It has been recognised for some time that individuals with advanced dementia retain the ability to enjoy and in many cases participate in music. We have heard of residents who have lost most of their verbal skills but can still sing and others who cannot tell you what day it is or what they were doing five minutes ago but who can still play the piano. Recent research has shown that the area of the brain that is highly stimulated when we listen to and particularly when we make music together, is among the last to atrophy in many dementias.

None of this will come as any surprise to many care homes where sing-alongs and other musical activities are a staple part of the programme. Last year, a meeting with residents, relatives and staff of Mavern House, a home in Wiltshire that is implementing the Eden Alternative philosophy, discussed ways in which the lives of residents could be enriched. The three areas selected for development were artistic and creative endeavours, storytelling and singing. Rather than take the easy, sing-along, option they decided to do something different and contacted Candy Verney, a well-known leader of several community choirs in Wiltshire. After discussion it was agreed that Candy would run a series of 6-8 sessions with residents and a small number of volunteers from her other choirs. Rehearsals were held in the local church partly because the space and acoustics were better than in the home and also because it provided an opportunity for residents to get out of the home and made it more of an



event. At the end of the first series the Mavern Community Choir held its first concert at a garden party in the home. After the second series the concert was held in the church which was dressed with candles for the occasion. Several residents and staff were dressed as 'Kings' and other Christmas characters and the programme included carols from around the world. The recently completed third series also culminated in a garden party held in glorious sunshine in July.

The core of the choir consists of sixteen residents some of whom have advanced dementia and others severe physical deficiencies. This has created significant challenges, particularly in getting residents to and from the church for rehearsals. However the home has taken the view that everyone who wants to be part of the choir should be supported to do so. The outcomes have been extraordinary. One resident with dementia who has difficulty recognising his son sings with his son in the choir.





They both derive a great deal of satisfaction from being able to do something together. All residents have enjoyed the opportunity to rehearse in the church and even those with advanced dementia recognise the spirituality of the place they are in. They look forward to the sessions and the opportunity to sing together and produce a beautiful sound. It has been particularly beneficial for male residents. Apart from the opportunity to work together they are valued for the 'maleness'. Their deeper voices

add a quality to the choir that cannot be achieved any other way. One of the unexpected outcomes of the choir has been the ability of residents with dementia to sing not only songs from their past but also to learn and sing new songs. Being a part of something bigger and being able to learn new things has had flow on benefits long after the rehearsals and concerts are over.

Staff also sing with the choir which has fostered relationships and helped to emphasise that sharing a passion puts everyone on a level footing.

To ensure that singing becomes an integral part of life at Mavern House they have decided that the next sessions with Candy Verney will concentrate on a train-the-trainer approach so that staff will gain the skills necessary to support, encourage and lead the Mavern Community Choir throughout the year.

Jo Payne (jo@maverncare.co.uk)

Tigger Visits Honeyfield For The Day

On Thursday 18th July, Honeyfield care home in Hextable had a special visit from a four legged friend called Tigger.

Nicola Lambert, Activities Coordinator decided to arrange a little surprise for residents at Honeyfield, by arranging a visit from Tigger the donkey from Willow Farm, Crockenhill.

The idea had come about from many conversations between staff and residents at the home about pets and favourite animals. Many residents and staff talked about what their favourite animals were and what pets they used to have; surprisingly to some, the favourite animal mentioned throughout the conversations were donkeys!

With that, an idea was born and Nicola approached Willow Farm and asked Farm Owner Liz Fry very kindly if she minded if Honeyfield borrowed their donkey for a few hours for residents to enjoy. Liz dropped Tigger off, and a few snacks for him to enjoy during his visit, which looked like at least a kilo of bananas, 6 packs of ginger biscuits and various other treats for residents and staff to feed Tigger with.

One resident who is staying at Honeyfield for a respite break said 'This donkey reminds me of when I used to go the beach as a child and there used to be donkey rides. What a lovely treat for a sunny day'.



Another resident enjoyed reminiscing on how Tigger reminded him of his own donkeys that he used to keep many years ago, referring back to one of them being called 'Jacko'.

Julie Ayres, Home Manager said, 'It was excellent having Tigger come and visit today, I could see so much enjoyment in the residents faces whilst they stroked, fed and talked to Tigger. I think the staff and residents thoroughly enjoyed spending time with Tigger, although I'm not sure that Sam our dog was as keen on him as everybody else!'

Honeyfield would like to say a big thank you to Liz Fry and all staff at Willow Farm for allowing this day to happen and a very big thank you to Tigger for being a great visitor!

Julie Ayres (julie.ayres@avantecaresupport.org.uk)

All Seasons Care - Eden in the Community

Domiciliary Care has been always constrained by Social Services/Local Authorities with limited times at each visit to complete a list of tasks. How is the person-centre approach going to be delivered? How can this change? Can the Eden Alternative offer some ideas?

When setting up All Seasons Care, a domiciliary organisation based in Birmingham South 10 years ago, we wanted to provide quality-personalised services where every person is treated as an individual within their own home. From our knowledge of Social Service calls we made the decision that the minimum length of time per visit would be 1-2hours. We used a holistic approach to allow the individual to have peace of mind that by using us to send people into their home, be it a gardener, plumber, maintenance person or any complementary medicine services they will have been police checked and would be monitored by the company.

This worked well, however from the early days it soon became apparent that people living in their own homes were suffering from the 3 plagues recognized by the Eden founder, Dr Bill Thomas in the 1990's within the residential setting. They were bored, lonely and isolated. Four years ago I heard from a colleague in the residential setting of the huge impact that Eden Alternative can have on improving the quality of life for a person and was interested to see if the philosophy could be adapted to the domiciliary environment.

I contacted June Burgess, the UK co-ordinator and although much of the evidence and success of Eden was focused around the residential setting we discussed the potential for Eden in the Homecare setting. The first action was to become an Eden Associate by attending the 3 day course, then for me to look at how to apply the Eden Alternative within All Seasons Care.

My next step was to make the staff more aware of the principles and benefits for the clients and for them. As everyone was used to the culture of the organisation being person-focused they embraced the ideas and as a team we looked how we could initiate the principles of Eden Alternative.

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We adapted our assessment form so that we could learn more about the person at the assessment and hear about their interests or hobbies, past and present and their wish list of what they would like to achieve given the right support. One example to demonstrate ideas implemented for individuals involves a private funded elderly lady, with some learning disability and no confidence who was encouraged to visit a new local lunch club. We primed the provider that she may like to help out. Her main carer took her each time until the lady was settled and involved at the club. She had worked as a domestic and cook within a school and was isolated at home looking after her dominating older brother. She now attends twice a week and the club are encouraging her to go on outings with them. This lady always wanted a cat but the family felt she could not look after one. We were able to negotiate with the family and her brother that we would prompt her with the care of a cat then took her to a cat rescue home where she was able to find one.

Not only does this provide the carers with an opportunity to build the relationship from their first visit but to develop that relationship by helping the person to fulfil their wish list. The carers are encouraged to use spontaneity and initiative to help the individual make the decisions. This has always given more work satisfaction and sense of achievement for the staff.

Therefore when “personalization” became the buzzword with local authorities and Care Quality Commission it was not a new concept to us.

How do we do this in the limited time allocated to each visit? First of all with the information of what the client would like to achieve we negotiate with them and sometimes Social Services or Primary Care Trusts for some flexibility in how we manage the time allocation. For an example we maybe given an hour and a half each day for a client, we would work the hour and “bank” the half hour towards an agreed goal so the client can look forward to an event of their choice, like a day trip to the seaside by train with a carer. Sometimes the relatives may need more persuading to allow us to deliver the support in this way as they retain the more task driven culture, especially if they are distant relatives and are worried about the domestic aspects, so it is important to include them in any plans and if possible in the initial assessment.

All Seasons Care’s success in delivering this approach has earned a solid reputation amongst the community and multidisciplinary teams we work alongside. It also re-assures the Care Quality Commission (CQC) of our standards and approach, being rewarded with the previous 3 stars rating used by CQC

We are always learning and hope in the near future to be able to provide Eden Alternative training course to our staff to supplement the philosophy of Eden currently given at induction of all the staff. We will also be able to include Eden Alternative within our information packs for clients, our website and recruitment drives.

In an ever expanding and competitive market, homecare providers should be encouraged to market unique selling points to attract customers and staff to their service - Eden Alternative may offer a solution.

Anne Geddes (anne@ascaregroup.com)

In conclusion

We hope you have enjoyed this newsletter and will share it with your friends and colleagues and if you have a story about culture change in your home to share let us have it for the next edition we would love to hear from you. If you have photographs that illustrate your story, so much the better; a picture may or may not be worth a thousand words, but it does make for a more balanced newsletter.

June Burgess
Eden Alternative Regional Coordinator,
UK and Ireland

Paul Bailey
Eden Mentor and Trainer

Creating a Life Worth Living



The theme of the 4th Eden Alternative UK and Ireland Conference is 'Creating a Life Worth Living'. Presentations will illustrate how using the Eden Alternative achieves this for residents with varying degrees of dementia, and for those living in the community. Presentations will also include how culture change is being sustained in a large organisation and an emphasis on handing back control of their lives to residents of care and nursing homes.

The Conference is open to Eden Associates and staff of organisations implementing the Eden Alternative and to anyone interested in creating better lives for those needing care and support, or who want to experience the energy and enthusiasm of people already on their Eden journey.

For further information call June Burgess on 01225 309 238 or email june@eden-alternative.co.uk

Creating a Life Worth Living

Conference Programme

- 9.00am Registration, Coffee
- 9.30am Introduction – June Burgess, Eden Alternative Coordinator, UK & Ireland
- 9.45am Dr Al Power – [Dementia Beyond Drugs; Changing the Culture of Care](#)
- 10.45am Coffee & Networking
- 11.15am Julie Silke-Daly, Mary Butler, Sacred Heart Hospital, Roscommon, Ireland
[“Leading the Way - Eden Alternative- Award winning project in Roscommon, Ireland”](#)
- 11.45am Gareth Bamsey, Hillside Nursing and Care Home [“Key Workers in an Eden Implementation.”](#)
- 12.15pm Ashley Roberts, Court Regis, Avante Care & Support [“Life Begins Again at 80: Dispelling the Myth of God's Waiting Room”](#)
- 12.35pm Lisa Johnson, Michelle Barker, Accord Housing Association [“The Bennett House Experience”](#)
- 1.00pm Lunch
- 2.00pm Maureen Bradley & Anne Geddes – [“Implementing Eden in Community Settings”](#)
- 3.00pm Tea & Networking
- 3.15pm Jennifer Dudley – [“Sustaining an Eden Implementation”](#)
- 3.45pm Dr Al Power – [“Implementing Eden; the second decade”](#)
- 4.15pm June Burgess – Final remarks
- 4.30pm Close

Speakers:

Dr Allan Power, Eden Mentor and Educator, St John's Home in Rochester, New York.

Dr Power is a Clinical Associate Professor of Medicine at the University of Rochester and the author of 'Dementia Beyond Drugs – Changing the Culture of Care' published in February 2010. It won a 2010 Book of the Year Award from the American Journal of Nursing and a 2011 National Mature Media Award.

Maureen Bradley, CEO New Outlook Housing Association

New Outlook, previously part of Birmingham Institute of the Blind (BRIB) provides support and care services in a stimulating environment in which people can achieve their potential; providing services for the individual and led by the individual. Maureen's previous position was as Director of Care and Support for Accord Housing Association where she was responsible for leading the successful implementation of the Eden Alternative across residential aged care services.

Anne Geddes, Managing Director, All Seasons Care

Since 2002 All Seasons Care has provided home care services for the elderly and those with physical and learning disabilities, supporting independent living within the comfort of their own homes in the West Midlands. Anne has pioneered the implementation of the Eden Alternative in the Community in home care

Julie Silke-Daly, Director of Nursing, Mary Butler, Assistant Director of Nursing, Sacred Heart Hospital, Roscommon

Sacred Heart Hospital is the first Eden home in Ireland and earlier this year was awarded a Taoiseach's Public Service Excellence Award for 2012 for their work with the Eden Alternative as a culture change tool and particularly for their work with dementia. A complete programme will be released shortly

Jennifer Dudley, Care Services Manager, Greensleeves Homes Trust

Jennifer has led the Greensleeves implementation of the Eden Alternative since the beginning. To date three of her Homes have had their Eden journey acknowledged and are included on the Eden UK Register of Homes, The Briars on the Isle of Wight, Mt Ephraim in Kent and Kingston house in Wiltshire.

Ashley Roberts, Activity Co-ordinator, Court Regis, Avante Partnership

Ashley has been working in elderly and dementia care for the last two years, having previously worked with children in custody and with learning difficulties. His background in drama, music and the arts has seen him introduce the Eden Alternative into his care home (and others within the organisation) with a real passion and visual impression. He is currently studying for a Graduate Certificate in Dementia Care at Christ Church University in Canterbury.



Booking Form

4th Eden Alternative UK & Ireland Conference

25th October 2012 at the Holiday Inn, Chessington. Leatherhead Road, Chessington, Surrey, KT9 2NE

Name	
Position	
Organisation	
Address line 1	
Address line 2	
County	
Post code	
Telephone No.	
Email address	

Cost

£75 for registrations paid **before 28 September 2012**

£85 for registrations paid after the above date

Accommodation

To book a room at Holiday Inn, Chessington call the hotel direct (01372 734600) and quote block code ED08. Rate for single room is £119, for double £129. These rates are available up to 27th September.

Payment

Please return this form together with a cheque made out to Eden UK to:

June Burgess
19 Woolley Drive
Bradford on Avon
Wiltshire BA15 1AU

Tel: 01225 309 238

email: june@eden-alternative.co.uk

Cancellation Policy

Cancellation more than 1 month from the Conference	-	Full refund
Cancellation between 2 and 4 weeks from the Conference	-	50% refund
Cancellation less than 2 weeks from the Conference	-	no refund